

Fashions



HER PAGE



Household



Problems

American Girls Wasting Energy In Love Making

Charging that American girls waste too much energy in love affairs, Dr. Tomo Inouo of Tokyo, the famous Japanese woman physician, declared at a conference of women physicians in the east that the girls of the United States have a worn and tired look. She blames it largely on loving too much.

The midwest physician's contention ran about much opposition on the part of the majority of those present. Dr. Kristine Munch of Norway maintaining that love affairs will keep girls young—that love alone renders secure the bloom of youth and beauty to women.

Dr. Mabel McDonald of this city believes that Dr. Inouo is right only in the fact that American girls spend too much energy in everything they do.

"In this country girls never take time to do anything but rush from one thing to another," she said.

While the local physician condemns waste of energy she is a firm believer in love.

"Love is a natural and normal state," declared the physician yesterday.

"Life is not worth living without love," Dr. McDonald does not believe love necessarily means marriage—in fact, she believes that there would be fewer unhappy marriages if the head ruled rather than the heart.

"It is foolish to marry just because one is in love. Physical attraction should not be the cause of marriage—the head should rule."

Dr. McDonald believes love goes where it is sent. She says the first love affairs are in the kindergarten.

Through all ages she declares the normal boy and girl will have their love affairs.

HOW COTTON IS "MERCERIZED"

The process by which cotton is "mercerized" or given a lustrous finish is somewhat recent, having been invented in 1844 by John Mercer.

By treating cotton fibers first with alkali, then submitting it to tension or pulling, then rinsing with water, the fiber first swelled, straightened out, then gained greatly in both strength and luster.

The treatment also improved the textile's ability to take dye.

Mercerized cotton is more valuable than ordinary cotton and will naturally command a higher price. It is possible to achieve an effect somewhat like mercerization by heavy calendaring or starching, but the lustrous effect is removed by laundering.

In buying mercerized cotton the purchaser should make sure the mercerizing is real—not mere calendaring.

WOMEN AT YALE

By order of the trustees of Yale University, women are to be admitted to the Yale Law School with the beginning of the school year this fall.

Under the terms of the new ruling any woman who is the graduate of a recognized college may take the course.

GAY COLORS PREDOMINATE

Color and glitter mark the newest silks and chiffons. All dress trimmings are brilliant in hue while satins and crepes for dress foundations are of incomparable gorgeousness.

"MY ADVICE TO MY DAUGHTER" Intimate Letters of Successful Actress, Kitty Gordon, Tell Daughter That Work—Not Money—Means Happiness



Kitty Gordon and Her Daughter, Vera Beresford

By Kitty Gordon

(Introductory Note—Miss Kitty Gordon, famous actress and film star, has thought these letters of advice to her daughter, Vera Beresford, would ever be published. She wrote them out of the fullness of her successful life to her only child who is now coming into lovely young life. They are intimate, personal, worldly-wise sayings, but jammed with advice that is 100 per cent worth while. Learning that Miss Gordon had written these letters of advice to her daughter, The Republic prevailed upon Miss Gordon to permit their publication as they are not only unusual, vital and exceedingly interesting, but contain much advice that every parent and daughter can read profitably. There will be six of the articles, the first

one today being the short introductory letter written by Miss Gordon to her daughter, telling of the purpose she had in mind in writing the series.—Editor.)

My Dear Daughter Vera: You're getting to the age now, Vera, where you are no longer a child. You are getting to the age where you must think and act for yourself—make your own way in life. I will do what I can to help you make a success of your life, of course, but whether you are a success or not, will, in the final analysis depend largely upon yourself.

Now don't misunderstand me, Vera. By success I don't necessarily mean making an enormous lot of money. By success I mean leading a life you feel is well spent. I mean by this that

when you come to the end of your life many, many years from now I hope you can look back over it and say to yourself: "Well, I certainly got a lot out of life. I'm glad to have lived. I've been contented and happy."

Happiness, Vera, is the biggest thing we can get out of life. It is not money, it is not fame, it is not power. It is the way you feel about the way you live. I have accomplished a great deal. I'm going to tell you, in a few more letters, my advice on the way to get the most happiness, contentment and satisfaction out of your life.

Your Mother, KITTIE GORDON.

Miss Gordon's next letter to her daughter will advise her to "Be Able to Make Your Own Living."

Confessions of a Bride

My Love Comes Back to Me From the Valley of Death

All the lights in the room had been put out by the storm. The trouble had been at the power plant, probably, for the current came on again with a sudden hard glare. Bob's eyelids quivered beneath it. He wakened slowly, confusedly, as if from a deep sleep, and his wondering glance met mine. I knew that our gaze meant happiness or lifelong sorrow for me, and for him the joy of a normal life again, or the misery of permanent insanity.

Could my soul, calling to Bob's, bring him back to a knowledge of our love?

For months Bob's eyes had been an index of his condition. The iris had looked tense and opaque, the pupil small while his nerves were at their worst. I held him in my arms. I waited, wordless, while I watched his pupils widen.

Heaven or hell, for each of us, depended upon the outcome of the first long look.

We two seemed alone in the universe. At length Bob held up a trembling hand and laid it softly on my hair, then he touched my cheek, drew his fingers down the length of my arm, and clasped my hand in his own. And still I held his eyes with mine.

"Jane!" His lips shaped the word. I scarcely heard it.

"Bob!" My husband! I said with soft emphasis. Vaguely I felt that a word too much and he would be a word away—lost forever in dreams of battlefields, once, more a member of the sad company of shell-shocked victims of the war.

Of course I realized that the electric bolt from the sky following the telephone wire, had relieved some mysterious pressure upon his brain and nerves, and jarred his mental gears into place.

Was that miraculous contact to last but a moment? Or could I hold him and keep him quiet and steady until he was conscious of himself in relation to me, until his soul and his body were in harmony again?

Instinctively, I made the elemental appeal, the world-old appeal of the woman alone with her mate, and unafraid.

I kissed him—kept my lips to his—until at last—his arms went around me and he drew me to him.

And then, only, was I sure of him. sure that he was saved. Then for the first time did I venture to thrust down the strange barrier which the war had raised between us.

We seemed to emerge like shadows from a ghost world where we had been imprisoned.

"Don't try to understand, all at once, darling," I said.

"I don't want to understand anything. I just want to stay here, Jane, and rest forever!" he replied pillow his head upon my heart.

"Only happy. And afraid it won't last. You see, it was only a minute ago that I was hearing a wounded man scream—in no-man's-land—and then I saw you, and I thought I must be the man who was dying and that you were part of my dying vision. And then your lips—kiss me again, Jane!"

It was a long time before Bob and I discovered that there was any world outside that little room. The storm had wailed its way across the sky before we remembered that the whole tribe of Lorimer would soon be coming in search of us.

(To Be Continued)

Foods Which Overcome Acidity

(By Lorne A. Summers, Director of Gymnasium, Armour and Company)

There is no doubt that a large number of the diseases to which man is subject are traceable to the consumption of an excessive amount of acid-forming foods, or, they may also be caused by the lack of the proper amount of alkaline foods. This is manifested in affections such as beriberi, gout, rheumatism, catarrh, skin troubles, etc.

It is generally recognized that the use of fresh vegetables and fruits, combined with the other foods, are the means of preventing this condition.

It will be noticed in the classification chart that lemon juice and orange juice are classified as alkaline in their reaction; while it is well for one to learn that a fruit-acid is not an acid-former, since its ash has an alkaline reaction.

Many people have confused the acids and have gone so far as to advise people who were subject to rheumatism and gout not to eat tomatoes and fruits, as in the case of hyperacidity.

Russian Blouse Designed for College Girls



By Betty Brown

NEW YORK—The blouse sketched today has two distinctive features: the vest and the fluted frills.

Groups of three tucks are used between each frill save on the round collar. Here tucked material forms the collar proper which is finished with a double row of frills. It is to be noted that the tucks and frills do not extend to the bottom of the vest. Enough space is left plain for the use of a line of buttons in contrasting color. This gives the tailored touch to an otherwise elaborate waist without which no daytime wearing apparel is quite "the thing" this season.

Buttons, covered with the garment material, or fancier affairs, in glass, metal, pearl, jet, etc., are very good this winter. Many rows of them are seen on the one-piece frocks, while the more severe tailored suits show them in the most unexpected places. Lines of buttons over the hips, across or up and down the back, trim many of the coats.

NEW YORK—I just couldn't help having this little Russian blouse sketched for the sake of the girls. It is so pretty and was designed to serve so many uses.

Of course its keynote is simplicity. It is made of seal brown tricotette. The round neck is finished with four rows of soutache braid in the same shade. The skirt repeats the design as to the snugly fitting cuffs. The blouse is caught in at the waistline by a soft six-inch sash of self material.

This blouse is particularly adapted to the needs of the college girl because it can be used for class-room, wear preceding a hurried trip to town for the matinee.

The Russian blouse and even the more informal smock are very good this winter. Never, not even during the summer gardening season, have so many been shown in the shops. They range from the tailored model sketched above to elaborate affairs of beaded georgette. Every girl should have at least one in her winter wardrobe.

However, it has now been discovered that, owing to the alkaline reaction of tomatoes and fruits, these foods are favorable to the recovery from an acid stomach.

The following foods are valuable for their alkalinity:

Carrots, turnips, potatoes, onions, milk, tomatoes, cranberries, rhubarb, lemon juice, orange juice.

Use The Republican Classified Pages for Results—Read for Profit.

GOAT MILK

Nearest to Mother's Milk. Easiest to digest.

Millions of people in Europe drink goat's milk all their lives.

When other foods fail try Goat's milk—it is easiest to digest.

WIDEMANN'S GOAT MILK LABORATORIES Sold by druggists. Physicians Bldg., San Francisco.

BUSINESS METHODS IN HOME KITCHENS WOULD CUT H. C. L., WOMAN CHEF SAYS

NEW YORK — If the housewives would take a tip from the way the kitchens in big hotels are run they would be able to make an ugly dent in the high cost of living.

This is the opinion of Mrs. C. H. Williams, the "home cooking chef" of the Hotel Pennsylvania, New York, the largest hotel in the world.

"The worst fault in most housekeepers is their utter lack of system," says Mrs. Williams. "Here in this hotel we plan our meals a week ahead. I know exactly what I am going to have cooked a week from today."

Plan Ahead

"Of course, with the problem of leftovers in the home the cook of a family cannot look forward as long as that, but she should be able to outline her work say at least three days in advance."

Too many women rush home from the movies at a quarter to six and then start thinking about supper. The result is that they are obliged to dash over to the corner store or the delicatessen, and the poor, hard-worked husband only too often gets a meal of expensive and indigestible canned stuff."

Mrs. Williams is a strong advocate of the adoption of modern efficiency methods in households as well as in business. She believes that the idea that "woman's work is never done" is

as antiquated as the habit of serving apple pie for breakfast.

Cooking a Business

"Men cannot get along without a system in their offices or shops," she points out. "Why should a woman expect to be able to successfully conduct a kitchen without adopting business methods?"

"If women would only put a little system into their job they could do far more with only half the labor and worry. Never again would they be seen tearing their hair and crying, 'Oh, what are we going to have for supper?'"

This woman who makes a business of housekeeping has very definite ideas on the present time, much worried about maid problems. She realizes the difficulties housekeepers have in securing competent help, but thinks the fault is the housekeeper's more than the maid's. She suggests that women in home have not made their service attractive to girls who are capable of being competent. It takes brains to cook well, or to market, or to have even partial charge of a house, is Mrs. Williams' experience.

Eight-Hour Day

"Servants should work on eight-hour shifts," says Mrs. Williams. "Most women expect their maids to work from 8 a. m. to 9:30 p. m. and to be home at ten! This is especially true in households where only one maid is kept. But the old days of the 'hired girl' are over, and women will have to adjust themselves to the new conditions."

"Talk about educating the servants! Housewives need educating first. Or perhaps we should start with the husbands. The men have every conceivable kind of labor saving device for their work and operate a system, yet they rush home any old time and expect the dinner to be served to them freshly cooked without a moment's delay."

(Tomorrow Mrs. Williams will give some of her favorite home recipes.)

A DRESSY BLOUSE



By Betty Brown

NEW YORK—The blouse sketched today has two distinctive features: the vest and the fluted frills.

Groups of three tucks are used between each frill save on the round collar. Here tucked material forms the collar proper which is finished with a double row of frills. It is to be noted that the tucks and frills do not extend to the bottom of the vest. Enough space is left plain for the use of a line of buttons in contrasting color. This gives the tailored touch to an otherwise elaborate waist without which no daytime wearing apparel is quite "the thing" this season.

Buttons, covered with the garment material, or fancier affairs, in glass, metal, pearl, jet, etc., are very good this winter. Many rows of them are seen on the one-piece frocks, while the more severe tailored suits show them in the most unexpected places. Lines of buttons over the hips, across or up and down the back, trim many of the coats.

WHAT WOMEN HAVE DONE WOMEN CAN DO An Editorial for Women By a Woman

Men-bodies the country over have been serving on public boards, or committees, charged with fixing the price of retail foodstuffs. Have their efforts succeeded? They have not.

The men price-fixers have announced: "So much my dear woman, shall you pay for beefsteak and no more." The woman price-payer has taken her market basket in hand and sallied forth for the beefsteak. But has she been able to buy at the price the men price-fixers fixed? She has not. Retailers have charged what they would, and the woman price-payer has paid the price.

A fine muddle, a most muddled muddle, in view of the fact that a way out seems obvious. If the public commissions charged with fixing the retail price of foodstuffs were made up of women price-fixers, would not the profiteering retailer either lower his price or close his doors? Would not the opinion of a united womanhood rally to the support of women price-fixers? Would not the housewives go without rather than pay more than their own women representatives decide?

We can hear someone: Certainly they would not.

And yet here are some facts out of Houston, Texas.

In Houston, according to news dispatches, the Housewives' League appointed a fair price committee. The women of the committee immediately visited every packing house and wholesale meat dealer in the city, and

PHOENIX TWAIN WERE WEDDED AT LOS ANGELES

Without taking any of their friends into the interesting secret, Miss Amelia Wintermute, daughter of Dr. and Mrs. G. J. C. Wintermute, of 329 West Latham street, and John Sabra, were married in Los Angeles last evening.

The young people decided to dispense with all the "fuss and bother" of a home wedding, which resulted in the elopement, which culminated in a church wedding on the coast with only the necessary witnesses present. Only the immediate relatives of the young people were advised of their plans. They will remain in California for a fortnight, timing their return for fair weather, when they will take up their residence at the Powers apartments.

The bride is one of the best known and liked members of the younger set. She is particularly popular among the members of the Junior Guild, of which organization she is an active member. Her personality is generally liked.

Mr. Sabra, who is connected with a local automobile agency, only recently received his discharge from service. He served overseas for many months. He is the son of Mrs. Kate Sabra, a pioneer resident of Phoenix, and has passed practically all his life in this city, where he has a legion of friends.

COUNTRY CLUB TEA

The Country club will hold its initial bridge tea of the season tomorrow afternoon, cards to be followed by dancing. The entertainment committee, comprising Mrs. Phil Lewis, chairman; Mrs. Carl Anderson, Mrs. Carlton Wood, Mrs. Charles O'Malley, Miss Kitty Craig and Miss Henrietta Olney, will receive.

nourishing

POMPEIAN OLIVE OIL

"always fresh"

Preferred by Particular People Everywhere

Sold Everywhere

Delicious in the Cup

Its exquisite flavor never varies.

Leading Grocers sell it.

NEWMARK'S PURE HIGH GRADE VACUUM PACKED COFFEE

LOS ANGELES

The United States Government

Bought millions of pounds of

K C BAKING POWDER

for our troops over seas—more than all other brands combined.

What Better Recommendation Can You Ask For?

And the PRICE is the same now as before the war—

25 Ounces for 25¢

25 OUNCES FOR 25¢

BAKING POWDER

MADE IN U.S.A.

EVERY CAN GUARANTEED